



# OSHA & MMTC



# OSHA Really????



- All programs can benefit from OSHA training
- Yes-- all programs.

*...The government says it can prove it with some fancy physics in a nuclear lab. Of course they can. Theoretical physics can prove an elephant can hang from a cliff with his tail tied to a daisy. But use your eyes, your common sense...*

Quote from the movie *JFK*



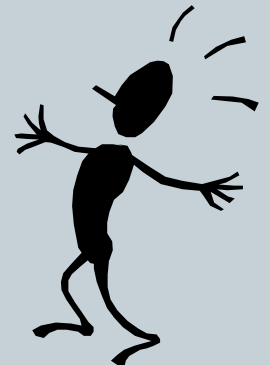
# Example of OSHA in a “safe” program

- **Accounting**

- Ergonomics
- Fire protection
- SARS Fact Sheet
- Bloodborne training
- OSHA record keeping
- Lockout/Tagout Policy
- West Nile Virus Fact Sheet
- Young Workers Fact Sheet
- Job Safety and Health Facts
- Workplace Violence Fact Sheet
- Protecting workers from Asbestos
- Emergency Exit Routes Fact Sheet
- Protecting Workers from Effects of Heat
- Evacuating High-Rise Buildings Fact Sheet
- Fungi Hazards and Flood Cleanup Fact Sheet



Many others apply if  
job is within an  
industrial setting



# Example of OSHA in typical CTE program



- **Autobody**

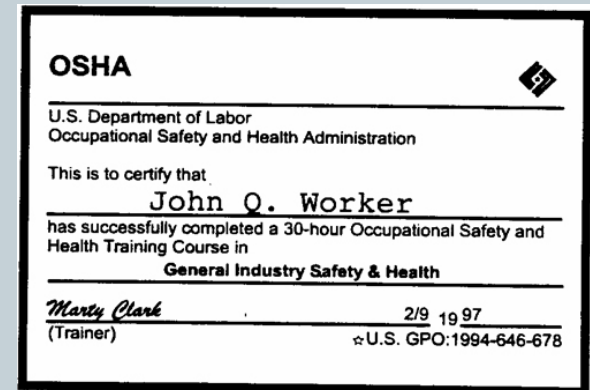
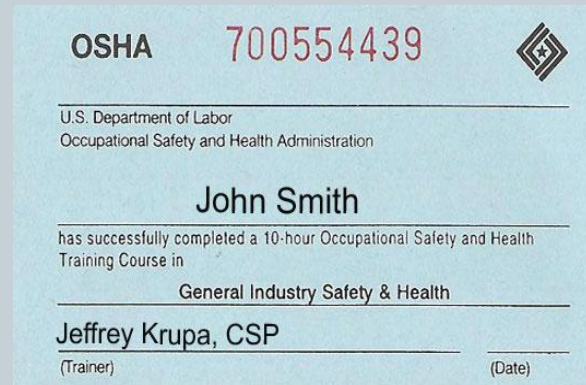
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- Job Safety and Health facts
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- Protecting workers from Asbestos
- Protecting Workers from Effects of Heat
- Evacuating High-Rise Buildings Fact Sheet
- Fungi Hazards and Flood Cleanup Fact Sheet

- **“Typical” OSHA related**

- 30hr Card
  - General Industry
- 10hr Card
  - General Industry

# What cards does OSHA offer?

- 30hr Card
  - Construction
  - General Industry
- 10hr Card
  - Construction
  - General Industry
- Train the Trainer
  - Construction
  - General Industry



# MMTC/CTE Members OSHA opportunities



- **30hr Card** -- for those who wish to be trainers or well versed.
  - Construction
  - General Industry
- **10hr Card** -- for those who wish to begin the journey.
  - Construction
  - General Industry
- **Train the Trainer** --for those who wish to be trainers
  - Construction
  - General Industry

# To become a MMTC OSHA Trainer



- **General Industry**

- Able to issue OSHA General Industry 10hr or 30hr cards
- Courses and steps involved:
  - ✦ 5 years or 3 years + degree\*
  - ✦ Course 511
  - ✦ Course 501

- **Construction Industry**

- Able to issue OSHA General Industry 10hr or 30hr cards
- Courses and steps involved:
  - ✦ 5 years or 3 years + degree\*
  - ✦ Course 500
  - ✦ Course 510

# Instructor OSHA Data collection



- Instructors complete the online form
  - [http://www.surveymonkey.com/s.aspx?sm=jW3LeCRnXMPLI5JMV3hM2A\\_3d\\_3d](http://www.surveymonkey.com/s.aspx?sm=jW3LeCRnXMPLI5JMV3hM2A_3d_3d)
- Form will gather the following information:
  - Contact information
  - Past OSHA coursework
  - OSHA Pathway of choice
  - Personal preference time of courses
  - Personal delivery method preference



# Links for more information



## Link to free OSHA classes:

[http://www.maine.gov/tools/whatsnew/index.php?topic=Safetyworks\\_Classes&v=ListAll](http://www.maine.gov/tools/whatsnew/index.php?topic=Safetyworks_Classes&v=ListAll)

(currency none listed, will be updated soon)

## Link to online instructor assessment survey

[http://www.surveymonkey.com/s.aspx?sm=jW3LeCRnXMPLI5JMV3hM2A\\_3d\\_3d](http://www.surveymonkey.com/s.aspx?sm=jW3LeCRnXMPLI5JMV3hM2A_3d_3d)

## Link to MDOE-CTE OSHA resource page:

<http://www.maine.gov/education/it/resources/osha.html>

# Top 15 Penalized Violations in Maine (OSHA)



1. Training on Work Zone Setup and Flagging
2. Written Lockout/Tag out program
3. Training on Lockout/Tag out
4. Written Confined Space Program
5. Trenching and Excavation Training
6. Written Hazard Communication Program
7. Written Exposure Control Plan
8. Training on written Exposure Control Plan
9. Hepatitis Shots/Waivers
10. Written Respiratory Protection Plan
11. Training on Written Respirators
12. Medical Clearness
13. Fit Testing for Respirators
14. Maintenance of Self-Contained Breathing Apparatus
15. Fork Lift Training

# Maine SafetyWorks

The screenshot shows the Maine SafetyWorks website. At the top is a blue navigation bar with 'Maine.gov' and links for 'Agencies', 'Online Services', and 'Help'. There are also search boxes for 'Page Tools' and 'State Search'. Below this is a yellow banner with the 'SafetyWorks!' logo and 'MAINE DEPARTMENT OF LABOR'. A navigation bar below the banner includes 'Home :: Create a Safe and Healthy Workplace' and a search box. The main content area is titled 'Create a Safe and Healthy Workplace' and contains a sidebar with links like 'Consultations', 'Training', 'Safety Tips', 'Safety Pays for Everyone', 'Rights & Responsibilities', 'Managing Safety and Health', 'Sample Programs', 'Recognition Program (SHARP)', 'Public Sector Recognition Program (SHAPE)', and 'Research'. The main text area includes a paragraph about workplace safety goals, a section for '10 Steps to a Safe and Healthy Workplace' with numbered links, and two quotes from Mike Scott and Greg Miller. A footer section titled 'RELATED LINKS' includes links to OSHA, NIOSH, and the European Agency for Safety and Health at Work.

Maine.gov Agencies | Online Services | Help Page Tools GO State Search: GO

**SafetyWorks!**  
MAINE DEPARTMENT OF LABOR

CONTACT US  
SITE MAP

Home :: Create a Safe and Healthy Workplace Search SW!

**Create a Safe and Healthy Workplace**

Whether you work at a business, manage it, or own it, you all have the same goal--- you don't want anyone to get hurt on the job.

And there's something each of us can do to make sure we all go home as whole as when we started the day. One step at a time, we can make our workplaces better places to work.

**10 Steps to a Safe and Healthy Workplace**

1. [Understand how a safety and healthy workplace benefits workers, families, businesses, and the community.](#)
2. [Know your responsibilities](#) for keeping a safe and healthy workplace.
3. [Develop a system](#) for organizing safety and health efforts.
4. Know the [laws and regulations](#) for the work you do.
5. [Address specific workplace hazards](#) and have regular saving meetings.
6. [Cultivate a safety culture with mutual respect and open communication](#)
7. Celebrate your accomplishments and defer OSHA inspections with [SHARP](#) or other recognition events.
8. [Find out the best solutions](#) to safety and health problems.
9. [Ask questions about workplace safety and health.](#)
10. Get help. Keeping a workplace safe and healthy is not something you can do alone. SafetyWorks! is one of many sources of help, and it's a good one.

*"Our company is only what our employees are. We really think it's good business to do the right thing for them, to make sure they feel comfortable, that they understand that we want the workplace to be safe, indeed won't tolerate unsafe conditions, same as they shouldn't have to. So it's really a win-win situation for the employees and for us."*

Mike Scott, Maine Woods and Millwork

*"Good safety programs are born and maintained by the effort and the cooperation of all involved each and every hour of every day."*

Greg Miller, United Technologies Center

**RELATED LINKS**

- [Occupational Safety and Health Administration \(OSHA\)](#)
- [NIOSH Safety and Health Resource Guide for Small Businesses](#)
- [European Agency for Safety and Health at Work](#)

Think of MSW as  
“Maine’s OSHA”.

Services:  
Consultations  
Training  
SHAPE Program  
Ask the Experts  
Videos/Publications

# Maine SafetyWorks



Maine.gov Agencies | Online Services | Help Page Tools GO

**SafetyWorks!**  
MAINE DEPARTMENT OF LABOR

Home :: [Consultations](#) :: On-site Safety and Health Consultation

**Consultations**  
[Request a Consultation](#)

**Training**

**Create a Safe and Healthy Workplace**

**Ask the Expert**

**Regulations**

**Videos & Publications**

**About SafetyWorks!**

## On-site Safety and Health Consultation

A safety and health audit by an experienced occupational safety and health hazards and reduce or eliminate the risk of injuries and illnesses.

At your request, and at no cost to you, a SafetyWorks! consultant can visit safer and healthier for workers.

- [Request a consultation](#)

SafetyWorks! is not OSHA and cannot issue fines or citations.

**How can a SafetyWorks! consultation help a business?**

A SafetyWorks! professional can come to your workplace and help you:

- Recognize safety hazards
- Sample for air and noise exposures
- Reduce or eliminate hazards
- Develop or improve a safety program
- Comply with OSHA regulations
- Identify training needs

**How can you request a consultation?**

## Consultations

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# Maine SafetyWorks

Maine.gov Agencies | Online Services | Help Page Tools GO State Search: GO

**SafetyWorks!**  
MAINE DEPARTMENT OF LABOR

CONTACT US SITE MAP

Home :: Create a Safe and Healthy Workplace Search SW!

**Create a Safe and Healthy Workplace**

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And there's something each of us can do to make sure we all go home as whole as when we started the day. One step at a time, we can make our workplaces better places to work.

**10 Steps to a Safe and Healthy Workplace**

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9. [Ask questions about workplace safety and health.](#)
10. Get help. Keeping a workplace safe and healthy is not something you can do alone. SafetyWorks! is one of many sources of help, and it's a good one.

*"Our company is only what our employees are. We really think it's good business to do the right thing for them, to make sure they feel comfortable, that they understand that we want the workplace to be safe, indeed won't tolerate unsafe conditions, same as they shouldn't have to. So it's really a win-win situation for the employees and for us."*

Mike Scott, Maine Woods and Millwork

*"Good safety programs are born and maintained by the effort and the cooperation of all involved each and every hour of every day."*

Greg Miller, United Technologies Center

**RELATED LINKS**

- [Occupational Safety and Health Administration \(OSHA\)](#)
- [NIOSH Safety and Health Resource Guide for Small Businesses](#)
- [European Agency for Safety and Health at Work](#)

## Training

SafetyWorks! professionals can train you and your employees on a wide range of safety and health topics - at no cost to you.

- [Request training at your workplace](#)
- [Sign up for a scheduled class at a location near you](#)
- [Take a class online](#)

# Maine SafetyWorks

The screenshot shows the Maine SafetyWorks website. The header includes the Maine.gov logo, navigation links for Agencies, Online Services, and Help, a search bar, and a state search dropdown. The main banner features the SafetyWorks! logo, the Maine Department of Labor, and a 'CONTACT US SITE MAP' link. Below the banner is a navigation menu with links to Consultations, Training, Create a Safe and Healthy Workplace, Safety Tips, Safety Pays for Everyone, Rights & Responsibilities, Managing Safety and Health, Sample Programs, Recognition Program (SHARP), Public Sector Recognition Program (SHAPE), and Research. The 'Create a Safe and Healthy Workplace' section is highlighted. It includes a sub-header 'Create a Safe and Healthy Workplace' and a paragraph stating: 'Whether you work at a business, manage it, or own it, you all have the same goal--- you don't want anyone to get hurt on the job.' Below this is a paragraph: 'And there's something each of us can do to make sure we all go home as whole as when we started the day. One step at a time, we can make our workplaces better places to work.' The section is titled '10 Steps to a Safe and Healthy Workplace' and lists 10 steps. A quote from Mike Scott, Maine Woods and Millwork, is included: 'Our company is only what our employees are. We really think it's good business to do the right thing for them, to make sure they feel comfortable, that they understand that we want the workplace to be safe, indeed won't tolerate unsafe conditions, same as they shouldn't have to. So it's really a win-win situation for the employees and for us.' Another quote from Greg Miller, United Technologies Center, is included: 'Good safety programs are born and maintained by the effort and the cooperation of all involved each and every hour of every day.' The bottom of the page has a 'RELATED LINKS' section with links to Occupational Safety and Health Administration (OSHA), NIOSH Safety and Health Resource Guide for Small Businesses, and European Agency for Safety and Health at Work.

Maine.gov Agencies | Online Services | Help Page Tools GO State Search: GO

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**Consultations**  
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**RELATED LINKS**  
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[European Agency for Safety and Health at Work](#)

## Create a Safe and Healthy Workplace

Whether you work at a business, manage it, or own it, you all have the same goal--- you don't want anyone to get hurt on the job.

And there's something each of us can do to make sure we all go home as whole as when we started the day. One step at a time, we can make our workplaces better places to work.

### 10 Steps to a Safe and Healthy Workplace

1. [Understand how a safety and healthy workplace benefits workers, families, businesses, and the community.](#)
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If you want to start a safety program or give a boost to an existing one, call **SafetyWorks!** Our professional safety and health consultants and trainers know your industry --- and they know your time is valuable. An onsite audit will give you professional and practical

# “SHAPE”

## Public Sector

# Recognition Program

1. Request a consultation visit that involves a complete hazard identification survey
2. Involve employees in the consultation process
3. Correct all hazards identified by the consultant
4. Implement and maintain a safety and health management system
5. Help with Self-Evaluation tools
6. Agree to notify the Workplace Safety and Health Division prior to making any changes

# Maine SafetyWorks



Maine.gov Agencies | Online Services | Help Page Tools GO

**SafetyWorks!**  
MAINE DEPARTMENT OF LABOR

Home :: Ask the Expert

- Consultations
- Training
- Create a Safe and Healthy Workplace
- Ask the Expert**
- Regulations
- Videos & Publications
- About SafetyWorks!

## Ask the SafetyWorks! Expert

Do you have a question about workplace safety and health?

Enter your question and name information below, and we'll get back to you as soon as we can. electronically, you can fax it to 207-624-6449. Or you can call us with your question:

- 207-623-7900 or
- toll-free 1-877 SAFE 345 (1-877-723-3345)
- TTY: 1-800-794-1110

After we collect your questions and our answers, we'll set up a Frequently Asked Questions page

Company/Name

Mailing Address

City/Town  State  Zip

Phone Number

E-mail Address

Question:

Done

# ASK THE EXPERTS

## Online question submission page



# Maine SafetyWorks

Maine.gov Agencies | Online Services | Help Page Tools GO

**SafetyWorks!**  
MAINE DEPARTMENT OF LABOR

Home :: Video Library and Publications

- Consultations
- Training
- Create a Safe and Healthy Workplace
- Ask the Expert
- Regulations
- Videos & Publications
  - Publications
  - Videos
- About SafetyWorks!

## Video Library and Publications

Publications: Free pamphlets, posters, and other safety and health materials.

Video library: Hundreds of videotapes, CDs, and DVDs organizations can borrow at no cost.

### Safe Work for Computer Operators



*The Maine Video Display Terminal (VDT) Law gives certain rights to people who use computers for work.*



Employers must place this poster in the workplace where workers can easily see it.

Sample

This poster is provided at no cost by the Maine Department of Labor and may be copied.

# FREE RESOURCES

Publications  
Videos  
Links



# More information?



Feel free to contact Shawn with OSHA related concerns

[Shawn.Lagasse@maine.gov](mailto:Shawn.Lagasse@maine.gov)

<http://www.maine.gov/education/it/resources/osh.html>

# Thanks